



November 2018



Thanksgiving is all about being thankful for what we have and to think about those who might be less fortunate. Please help us help others this Thanksgiving.

The Activity Center is having a Thanksgiving Food Drive for the **Fountain Hills Extended Hands Food Bank.**

With your support, we can make a difference for families in need. Please bring your donations to the Community Center. We will have an Extended Hands Food Bank barrel in the lobby.

Most Wanted:

Canned vegetables

Canned tuna

Cereal

Peanut butter & jelly

Mac and Cheese

Any non-perishable food items

Join or Renew Your Membership



2019 Activity Center

Memberships Now Available

Join now and beat the January rush. Membership will include November/December 2018 and all of 2019.



ACTIVITY CENTER CLOSED

Friday, Nov. 9

**Fountain Festival
of Arts and Crafts**

Monday, Nov. 12

Veteran's Day

Thursday, Nov. 22

Thanksgiving

Friday, Nov. 23

Thanksgiving Holiday

Location

Located in the Community Center
13001 N. La Montana Dr.
Fountain Hills, Arizona 85268
www.fh.az.gov/189/Activity-Center

Staff

Jennifer Lyons, *Senior Services Supervisor*
Joann Sabath, *Activities Coordinator*
Linda Winters, *Activities Assistant*
Nita Blose, *Home Delivered Meals Coordinator*

Hours

Monday - Friday
9:00 a.m. - 4:00 p.m.
480-816-5226
Fax 480-816-0280

Presentations

Stop by the Activity Center to pick up detailed flyers on all of our presentations or visit our website to view the flyers online by clicking the link below:

<http://www.fh.az.gov/230/Special-Presentations>

- Pre-registration is required for each presentation. Space is limited.
- Free for current Activity Center members and \$5 fee for non-members.
- All presentations will be held at the Community Center.

PRESENTATION	COURSE	DAY	DATE	TIME
The Discovery of Gravitational Waves	3775	Th	Nov 1	2-3 pm
Medicare Enrollment Presentation *Free - Open to the Public	3976	Mon	Nov 5	11 am-12 pm
Brain Health	3762	Wed	Nov 7	2-3 pm
Low-Carb Lifestyle - Fasting	3836	Wed	Nov 7	9:30 am-12 pm
Low-Carb Lifestyle - Cancer	3837	Wed	Nov 7	2-3 pm
Eat Healthy, Be Healthy	3849	Th	Nov 8	2-3 pm
How Stress Affects the Body and How Meditation Can Help	3779	Th	Dec 6	2-3 pm



THE TOWN OF
FOUNTAIN HILLS
PRESENTS

LOW-CARB LIFESTYLE
COMMUNITY HEALTH PRESENTATIONS
Free for members, just \$5 for non-members!

Wednesdays Nov 7 & 28
from 2 - 3 pm
Fountain Hills Community Center
13001 N La Monta Drive

NOVEMBER 7TH
Course #3836
"Fasting - the surprising health benefits"

All major religious communities fasting in their practices, yet few of us fast today. Are we designed to go from morning to night, or should we be giving our bodies a rest from eating periodically? Come learn what modern science has discovered about intermittent fasting, and the health benefits - including weight loss!

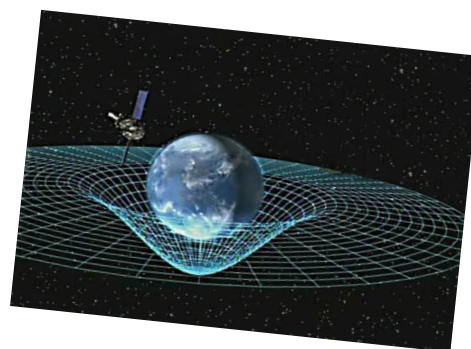
NOVEMBER 28TH
Course #3837
"Cancer- what you need to know before a diagnosis"

How does nutrition play a role in cancer? Can you use diet to slow cancer development? We'll also discuss little known dietary guidelines that have been shown to reduce side effects of chemo and radiation.

Presenters: Diane Weisman, Student of Metabolic Therapy, and Dr. Allen Kruger-Pfeiffer, Founder of Metabolic Therapy Center.

Reserve your spot today by stopping by the Fountain Hills Community Center, or calling 480-816-5225.

The event sponsored by the Fountain Hills Community Center. The Town of Fountain Hills is not responsible for any injuries or damages that may occur during the event. The Town of Fountain Hills is not responsible for any damages that may occur during the event.



Presentations held at the Community Center.

Classes

Town of Fountain Hills Presents

Open Enrollment is Here! Learn about Medicare Benefits and Options.

Come Join us!

Medicare & Benefits! A Medicare 101 presentation!

Learn how the Area Agency's Benefits Assistance Program counselors can help you regarding benefits and eligibility for Medicare and other services. Learn the basics about what Medicare covers and the different prescription drug plans available!

Monday, November 5, 2018

11:00 a.m. - 12:00 p.m.

followed by a question-and-answer session

Free and Open to the Public!

Pre-registration required - Course # 3976

Presentation is held at the Fountain Hills Community Center

Stop by the Community Center Mon-Fri, 9am-4pm to reserve your seat!

Call 480-816-5226

www.fh.az.gov



Knowledge is Power!

Sponsored by the Town of Fountain Hills

Activity Center

13001 N. La Montana (in the Community Center)

480-816-5226 www.fh.az.gov



AREA AGENCY ON AGING
REGION ONE, INCORPORATED

This publication has been created or produced by the Area Agency on Aging, Region One with financial assistance, in whole or in part, through a grant from the Center for Medicare and Medicaid Services.

Classes

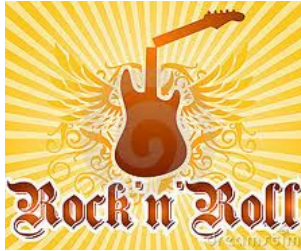
Let's Rock~n~Roll!

Monday, November 5 - Course #3771

Monday, December 3- Course #3772

1:00 - 2:30 p.m.

Come learn about the history of Rock~n~Roll music and enjoy listening to some of the classic songs played on CD's.



Program Coordinator: Ken Jordan
will pick and discuss the most influential records of the 50's and early 60's.

Pre-registration required.

Membership required.

TIME-4-U

Wednesday,
November 7

9:00 a.m. - 2:00 p.m.

Still have questions about Gmail and System Settings? Need help on other issues with your Apple iPhone, Android Smartphone and Windows 10 computer?



Technology Learning Center (TLC)
volunteers will be available to answer your questions. Drop in between 9 a.m. and 2 p.m.

Free and Open to the Public
Membership not required.



Calligraphy

Mondays

Course #3788

November 19, 26

December 3, 10, 17

9:00 - 11:00 a.m.



Pre-registration required.

You will learn how to use the calligraphy pen and layout guidelines. Other sessions will include making basic strokes and patterns, as well as how to construct a letter. As your skills develop, you will learn to lay out and compose a page. You will later make greeting cards with artwork, learn to make copies, labels, name tags, and table name tent cards. Calligraphy can be enjoyed both by you and the reader. You will have fun!

Supplies Needed: You will need to purchase and bring your own calligraphy pen set to class. Instructor recommendation is **Sheaffer Calligraphy Mini Kit (#SH/73403)** available to purchase on Amazon or at art stores. Also bring a pencil and ruler (a rolling ruler is ideal). Please bring supplies to first class.

Instructor: Dick Borgstrom was educated at the Art Institute of Chicago and was an advertising art director for major Chicago agencies for 40 years. He had his own design business until moving to Fountain Hills.

Pre-registration required.

Membership required.

Classes held at the Community Center.

Activity Center News

NEW SUPPORT GROUP



The Activity Center
needs Donations for the Durable
Medical Mobility Equipment Loan
Program

Do you have medical mobility equipment
such as **walkers, crutches, canes and
wheelchairs** that you no longer need?
The Fountain Hills Activity Center is now
accepting donations of new and gently used
medical mobility equipment to stock our new
Medical Equipment Loan Program.

The program was re-instated on October 1
and will enable residents to borrow medical
equipment such as **walkers, crutches,
canes and wheelchairs free of charge.**

Fountain Hills Parents of Special Needs Kids

Fountain Hills Parents of Special
Needs Kids connects parents of
special needs kids with each for
support, education and resources.
The group will meet:

**Second & Fourth Thursday
of Each Month**

6:00 - 7:00 p.m.

**Meetings held at the
Community Center**

Free and Open to the Public

Improver/ Intermediate Line Dancing

Course #3843

Every Tuesday

10:35 - 11:30 a.m.

**Only offered December 4, 2018
through March 26, 2019**

***No class 12/25/2018 and 1/1/2019**

Instructor: Lawson Tarbuth

Activity Center

Membership Required

**The Musical Matinee Trip,
(A Christmas Carol), scheduled for
December 8, has sold out.**

To be put on wait list - call AZ Trails

480-837-8665

**Please stay tuned
for future trips!**

Trips sponsored by Senior Services, Inc.



November Town News



VOTE!!

Tuesday November 6

6 a.m. - 7 p.m.

Fountain Hills Community Center

Early Voting

October 31, Nov 1-2

10 a.m - 7 p.m.

Fountain Hills Community Center



Fountain Festival of

Arts & Crafts

Friday - Sunday

November 9-11

10 a.m. - 5 p.m.

Downtown

Fountain Hills

Thanksgiving Day

Parade

Thursday

November 22

9 a.m.

Downtown

Fountain Hills

Turkey Trot 5K Run

& Fitness Walk

Thursday

November 22

7:15 a.m.

Downtown

Fountain Hills